



**RESTORATION**  
health♥care



## Restoration Health Care

### Health by choice not chance

Restoration Health Care helps reverse and prevent diseases caused by lifestyle choices. We personally coach you step by step in lifestyle changes and use natural remedies to help restore your health, helping you come off medications when possible.

Drugs are like crutches. They provide temporary support as the problem is ongoing.

Through lifestyle changes, one hopes to permanently come off the crutches.

Restoration Health Care practices evidence-based lifestyle medicine using comprehensive lifestyle changes to prevent, treat and reverse the on set and progression of chronic disease by addressing underlying causes.

### We coach to reverse the following conditions:

- Diabetes
- Hypertension
- High cholesterol
- Obesity
- Allergies/Asthma
- Depression
- Acid Reflux
- PCOD
- Insomnia
- Stress/Anxiety
- And More

### Tested, Tried and Proven Results !

Scientifically-based Program | Physician Supervised | Diet Plans



Restoration Health Care is committed to go beyond reversing your disease. Our primary goal is to help you gain back the life you were meant to live: happy, pain free, disease free. Not only now, but a permanent transformation to last a lifetime.

# In Your Own Home!

Majority of issues and habits are determined by what is done at home, where we live and make decisions. Our program is designed to serve your needs all in the convenience of your own home.



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**FREE  
CONSULTATION  
TILL OCT 29 !**

## In Person Coaching

Your coach will come to work with you in your home to attain your desired health goals to become a reality.

Our centre also provides online consultations and coaching programs to help reach your goals.

## Online Coach

The world is awakening to an urgent need to redefine healthcare – to educate, equip and empower individuals to protect health and fight disease through the power of lifestyle.

## OUR PROCESS

We know change is difficult, that's why we are here.



**01**

### Assessment

Our coach will first assess your lifestyle habits to identify the underlying cause of your disease.



**02**

### Consultation

Your case will then be discussed with our physician who will provide customised plan that will work to reverse your disease.



**03**

### Coaching

Your personal lifestyle coach will assist you for 90 days toward a healthier life transformation.



## Success Stories...



### Weight loss & PCOD

My name is Jenifer and I am 21 years old. I had PCOD for the last 4 years, was overweight, and extremely stressed. I was taking medication but I could not see any improvements, so I stopped. Through my neighbour, I came to know about Restoration Health Care. I followed their lifestyle program for 2 months and received their natural remedy treatments. I reduced 12 kgs within the first 1 ½ months and my PCOD problem also had drastic improvements. Now my health related stress levels have come down and I'm off my medications. On top of these wonderful results, they also educated me how to maintain a healthy life and to avoid health problems again. They completely helped me to revolutionize my life for the better!



### Hypertension & Type 2 Diabetes

Hello, I am a 58 year old female, I went to the hospital for a health checkup. There they found that I have high blood pressure and they prescribed that I need to take medication every day. I began taking as prescribed. But still my BP was not reducing, some of my friends suggested that I visit Restoration Health Care. I changed my lifestyle and diet, and was in the program for 2 months. Before, my blood sugar was 410mg/dL, and my BP was 150/90 mmHg, but after following their program, my blood sugar dropped to 104 mg/dL within 1 month! My BP normalized to 120/80 mmHg. Now, I am so happy and I am off my medication. Before, I was so disturbed and tense, but now, my stress level has completely come down and my over all health has improved!

**DR. SAJAN SAMUEL PAKA, MBBS., MPH**

Medical Director

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Call us to book an appointment : 805 688 2300 / 950 059 1888

Sun- Thu : 9am to 7 pm

Fri : 9am to 1 pm

Sat : Holiday